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Mindfulness: The Key to Teaching and Living Well

by **Deva Hardeep Singh** | ***Dharma Seeds Yoga Press*©** | 13 June 2023 |

Mindfulness: The Key to Teaching and Living Well

This is how I teach. I study academically first, apply what I've learned, develop it into practice, then present it here or in a workshop or book. I teach for free as I live 100% of my disability monthly check. I do, however, live on my tribal reservation in Oklahoma in their low-income housing. It's the most up-to-date, finely furnished through my tribe. So I understand those economically challenged a way to receive certified quality teachings for free online. That is my seva.

Plus my wonderful pieces of training have happened through grants or scholarships. I am humbled and want to pass this along to those needing it the most, who won't be turned back due to finances. This also helps me mindfully use my gifts and talents.

I know from the first beginning of working with mindfulness teachings in 93′. So basically 30 years. Some days I was like bebopping along in a groove when I

realized I just flipped off the driver in front of me and of course used a colorful adjective. I'd be like, "Shit!" and to be honest, I still have a few of those days a year.

I am an ordained Eastern Orthodox (Russian lineage) Deacon at a small autocephalous chapel on the grounds of a meditation retreat center. When an ordained Bishop lays hands on the Deacon-elect it is for life. I will carry this title to the grave. Yet I also have taken precept vows with Thich Nhat Hahn, and the nuns at Buddhamind Monesetary in Oklahoma. I've been through a Liberal Catholic and Eastern Orthodox seminary program. I'm an Oblate of St. Benedict, and I love the rosary prayers.

Yet I still f*#k up. I am laughing at this right now. Causing crying doesn't help! Where I am today is this equipoise in that I am aware I'm a spirit having a human experience. So while in this human form, I'm going to have human issues. Thats mindful.

This is where the more you know about spiritual practices. Picking the ones that work for you. Adding them to your tool belt so to speak. When human issues come up, we practice that the first line of defense shall be our spiritual practices.

We can reach equipoise when situations would normally have us in a hysterical attack. This is normal for me as it was part of my and my siblings' weekly show in our home. I've seen hysterical, transforming from fear to laughter, to pity, to empathy, to compassion as I grew older. I also used the practices along with medication, and behavioral health counseling.

I still use some cross medications for mental health that also help my neuropathy, I use bi-weekly behavioral DBT counseling, and I use thankfully medical marijuana. I also use my practices. This is what my balance looks like. Yours will look different. But there should never be any judgment against ourselves or others. After our research, education, and practice, only you will know what is right for you and your body.

The yoga I teach is a combination of Yin Yoga, Restorative Yoga, and Hatha Yoga. I was trained this way through the teaching program of the **Prison Yoga Project**. This approach also mirrors my Buddhist belief as I follow the Mahayana path, the middle way. So I teach facts, I give you the science to review, and I give you 3-4 asanas that help with the topic of the day.

https://prisonyoga.org/

I have had gurus in my life, I've had pastors and youth pastors, and all of them have failed with the human curse of being a sexual predator. This creates so much trauma for the victim to have to process and heal from. And specially from a religious person who is a mentor. That causes deep psychological harm and injury. Some of my abuse happened at the hands of such persons as well. If you have see the resources below for assistance.

Trauma-Informed Yoga is backed by science and has no deity, no guru, just a practitioner/teacher guiding others to heal through yoga and mindfulness work. There is nothing to believe in except yourself. As you progress along with a steady routine that fits you and your lifestyle. I know from experience it opens up a deeper relationship with nature and your surroundings and you find that spark that keeps you going. It's different for each so I don't say a certain faith or religion. That is your job, not mine. My lane is to stay certified, stay educated, embody what I learn, and teach that which I embody.

There is no person to harm you. We create as teachers a safe space for you to practice. And for me, my reality is to offer teachings via blogs and books, videos, and audio exercises. This way my gift is providing a free quality program and you can choose where and how to watch or read. You can't get any safer than that.

As well, teaching for free is my way of performing seva. Giving to those in need what they need for nourishment. Cause we all deserve that…free of charge.

That is mindful living. It's taken me a while to get here, but I get it now. It's a deep understanding that I can't find the right words to describe. I understand why we are here and why we must learn and practice this over the 5000+-year-old system.

This is what my mindfulness looks like. I wanted to give you several examples of what works in my life today. You will need to find how to incorporate your mindfulness understanding into your life. And I promise you it will look different than anyone else. Why? You may ask, and it's cause we all are unique and individual. This is a solitary journey but with communal support when needed.

There are so many styles of yoga and fabulous teachers/mentors. We have to find the ones that resonate with us that yes this is part of my team. I may not be that person. Just realistically this journey is about you. How you apply it. For you. For your life. You are the decision make. I'm just a teacher passing along knowledge of this subject.

Finding Equipoise while Living a Mindful Life:

Introduction

Equipoise is a state of balance and equilibrium. It is the ability to remain calm and centered in the face of challenges. In the context of mindfulness, equipoise refers to the ability to maintain a balanced awareness of the present moment, without getting caught up in our thoughts and emotions.

Equipoise is a valuable skill for anyone who wants to live a mindful life. It can help us to:

- **Reduce stress:** When we are able to maintain a sense of equipoise, we are less likely to be overwhelmed by stress.
- **Improve our focus and concentration:** When we are able to focus on the present moment, we are better able to focus on our work or studies.
- **Make better decisions:** When we are able to think clearly and calmly, we are better able to make sound decisions.
- **Build stronger relationships:** When we are able to be present with others, we are better able to build strong and lasting relationships.

How to Find Equipoise

There are many ways to find equipoise. Some of the most effective methods include:

- **Meditation:** Meditation is a powerful tool for cultivating equipoise. When we meditate, we train our minds to focus on the present moment and to let go of thoughts and emotions that are not helpful.
- **Yoga:** Yoga is another effective way to cultivate equipoise. Yoga helps us to connect with our bodies and to develop a sense of inner peace.
- **Mindful movement:** Mindful movement is any activity that we can do with a sense of awareness and presence. This could include walking, running, swimming, dancing, or any other activity that we enjoy.
- **Nature:** Spending time in nature can help us to find a sense of peace and tranquility. When we are in nature, we are surrounded by beauty and by the reminder that we are part of something larger than ourselves.
- **Gratitude:** Gratitude is a powerful emotion that can help us to focus on the positive aspects of our lives. When we are grateful, we are less likely to dwell on the negative and more likely to experience a sense of contentment.
- **Self-compassion:** Self-compassion is the practice of being kind and understanding to ourselves, even when we make mistakes. When we are self-compassionate, we are less likely to be self-critical and more likely to accept ourselves for who we are.

Conclusion

Equipoise is a valuable skill that can help us to live a more mindful and fulfilling life. There are many ways to find equipoise, and the best way is to find what works for you. With regular practice, you can learn to cultivate equipoise and live a life that is more balanced and peaceful.

Additional Tips for Finding Equipoise

- **Be patient.** It takes time and practice to develop equipoise. Don't get discouraged if you don't see results immediately.
- **Be kind to yourself.** Everyone makes mistakes. Don't beat yourself up if you lose your balance. Just gently bring your attention back to the present moment.
- **Experiment.** There are many different ways to find equipoise. Experiment with different techniques and find what works best for you.
- **Don't give up.** Finding equipoise is a journey, not a destination. Keep practicing and you will eventually find your way.

6 Spiritual Practices that Can Help You Reach Equipoise:

1. **Meditation:** Meditation is a practice of focusing your attention on the present moment, without judgment. It can help you to calm your mind and body, and to develop a sense of inner peace. There are many different types of meditation, so find one that works for you and practice it regularly.
2. **Yoga:** Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It can help you to improve your flexibility, strength, and balance, and to reduce stress and anxiety. There are many different types of yoga, so find one that is suitable for your fitness level and interests.
3. **Prayer:** Prayer is a form of communication with a higher power. It can help you to connect with your spirituality, to express your gratitude, and to find comfort in times of need. There are many different ways to pray, so find a method that feels comfortable for you.
4. **Spending time in nature:** Spending time in nature can help you to relax, de-stress, and connect with the natural world. Go for a walk in the park, hike in the woods, or simply sit in your backyard and enjoy the fresh air.
5. **Gratitude journaling:** Gratitude journaling is the practice of writing down things that you are grateful for. It can help you to focus on the positive aspects of your life and to cultivate a sense of appreciation. Try to write in your journal for at least 10 minutes each day.
6. **Service to others:** Service to others is a way of giving back and making a difference in the world. It can help you to feel connected to others and to find meaning in your life. Find a cause that you are passionate about and volunteer your time.

These are just a few of the many spiritual practices that can help you reach equipoise. Experiment with different practices and find what works best for you. With regular practice, you can cultivate a sense of balance and peace in your life.

Pre-Caution

While engaging in any **yoga activities, always remember**:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

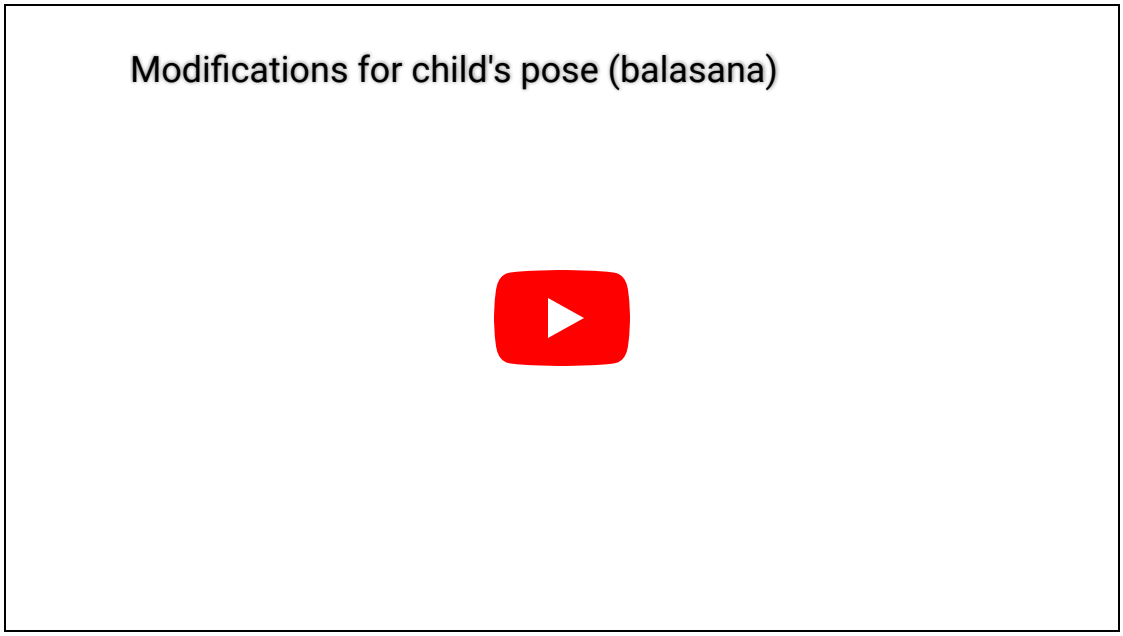
> **Always listen to your body and modify poses as needed.** Also review on our ***website***, our guidance on using Yoga for mental health purposes.

Yoga

Here are 4 beginner's Hatha Yoga asanas to help reach mental equipoise:

- **Child's Pose (Balasana)**: Child's pose is a great way to relax and release tension in the back and hips. To do child's pose, start on your hands and knees. Bring your hips back to your heels and rest your forehead on the ground. Relax your arms by your sides and breathe deeply for 5-10 breaths.Opens in a new windowEkhart YogaChild's Pose (Balasana) yoga pose

https://www.ekhartyoga.com/resources/yoga-poses/balasana-childs-pose



https://youtu.be/YdFZWNHP7ec

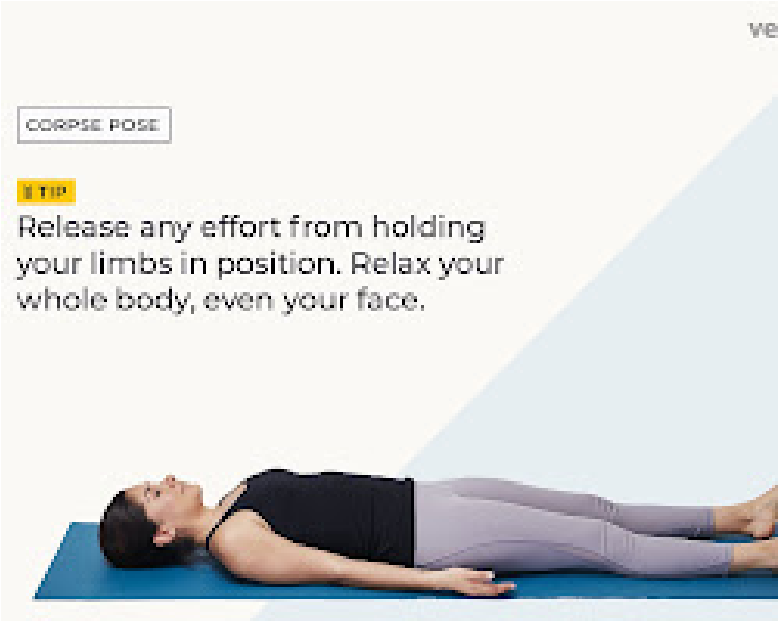
- **Downward-Facing Dog (Adho Mukha Svanasana)**: Downward-facing dog is a great way to stretch the spine and improve circulation. To do downward-facing dog, start on your hands and knees. Spread your fingers wide and straighten your arms. Tuck your toes under and lift your hips up to the sky. Keep your back straight and your gaze down towards your toes.

Hold for 5-10 breaths.Opens in a new windowEkhart YogaDownward-Facing Dog (Adho Mukha Svanasana) yoga pose

https://www.ekhartyoga.com/resources/yoga-poses/downward-facing-dog-pose

Modified Version

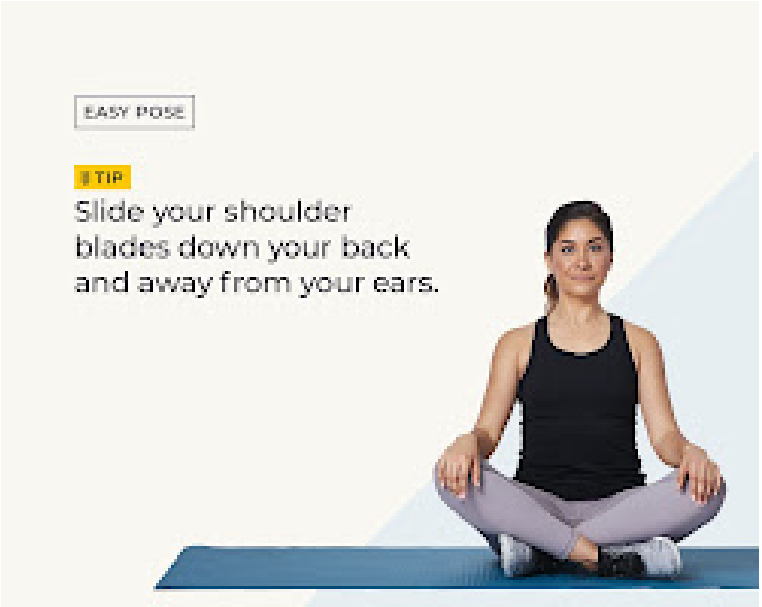
- **Corpse Pose (Savasana)**: Corpse pose is a great way to relax and de-stress. To do corpse pose, lie on your back with your legs extended and your arms at your sides. Close your eyes and relax your body completely. Breathe deeply and evenly for 5-10 minutes.Opens in a new windowVerywell FitCorpse Pose (Savasana) yoga pose



https://www.verywellfit.com/corpse-pose-savasana-3567112

Modified Version

- **Easy Pose (Sukhasana)**: Easy pose is a great way to sit comfortably and focus on your breath. To do easy pose, sit on the floor with your legs crossed. If this is uncomfortable, you can sit on a cushion or rolled-up towel. Place your hands on your knees and relax your back. Breathe deeply and evenly for 5-10 minutes.Opens in a new windowVerywell FitEasy Pose (Sukhasana) yoga pose



https://www.verywellfit.com/easy-pose-sukhasana-3567124

How to do Sukhasana Easy Pose - how to sit cross legged ...

https://youtu.be/aSjkcfW8bO8

These are just a few of the many beginner's Hatha Yoga asanas that can help reach mental equipoise. Experiment with different poses and find what works best for you. With regular practice, you can cultivate a sense of balance and peace in your life.

Here are some additional tips for practicing Hatha Yoga for mental equipoise:

- **Find a quiet place to practice where you will not be disturbed.**
- **Wear comfortable clothing that allows you to move freely.**
- **Start with a short practice and gradually increase the duration as you become more comfortable.**
- **Listen to your body and do not push yourself too hard.**
- **Be patient and consistent with your practice.**

With regular practice, Hatha Yoga can be a powerful tool for cultivating mental equipoise and living a more balanced and peaceful life.

Research

Here are 4 academic and scientific articles on using mindfulness to reach equipoise:

1. **Mindfulness and Equipoise: A Review of the Literature**

This article reviews the literature on the relationship between mindfulness and equipoise. The authors found that mindfulness is associated with a number of positive outcomes, including reduced stress, anxiety, and depression. They also found that mindfulness is associated with increased self-awareness, emotional regulation, and compassion. ***Further Research***.

2. **Mindfulness-Based Interventions for Promoting Equipoise**

This article discusses the use of mindfulness-based interventions (MBIs) to promote equipoise. The authors argue that MBIs can help people to develop a more balanced and accepting view of themselves and the world. They also discuss the potential mechanisms by which MBIs can promote equipoise, such as by

increasing self-awareness, reducing emotional reactivity, and fostering compassion.

3. **A Pilot Study of Mindfulness-Based Stress Reduction (MBSR) for Promoting Equipoise in Medical Students**

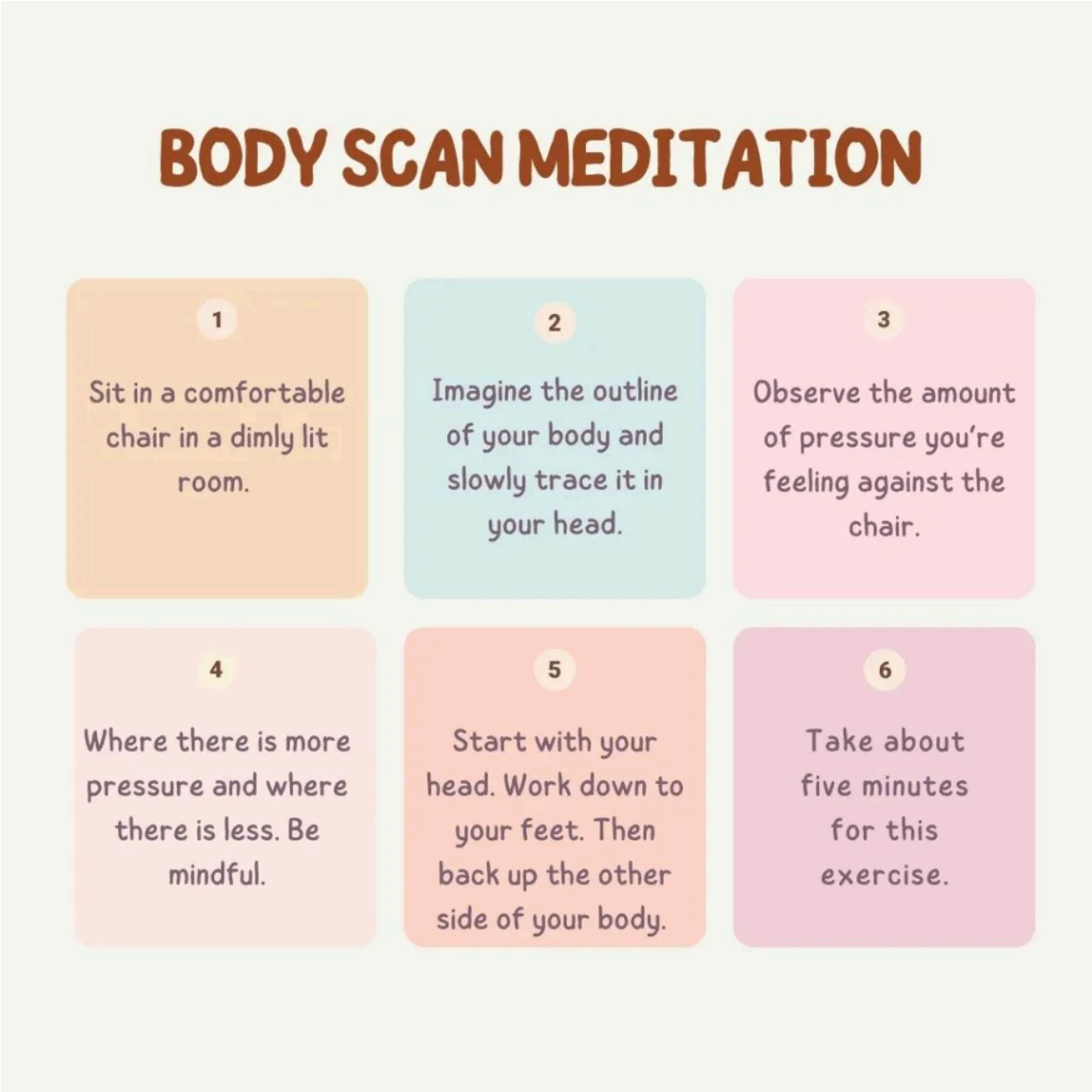
This study investigated the effects of MBSR on equipoise in medical students. The authors found that MBSR was effective in reducing stress, anxiety, and depression in medical students. They also found that MBSR was effective in increasing self-awareness, emotional regulation, and compassion.

4. **Mindfulness and Equipoise in the Context of Chronic Illness**

This article discusses the role of mindfulness in promoting equipoise in the context of chronic illness. The authors argue that mindfulness can help people with chronic illness to accept their condition, cope with stress, and improve their quality of life. They also discuss the potential mechanisms by which mindfulness can promote equipoise in people with chronic illness, such as by increasing self-awareness, reducing emotional reactivity, and fostering compassion.

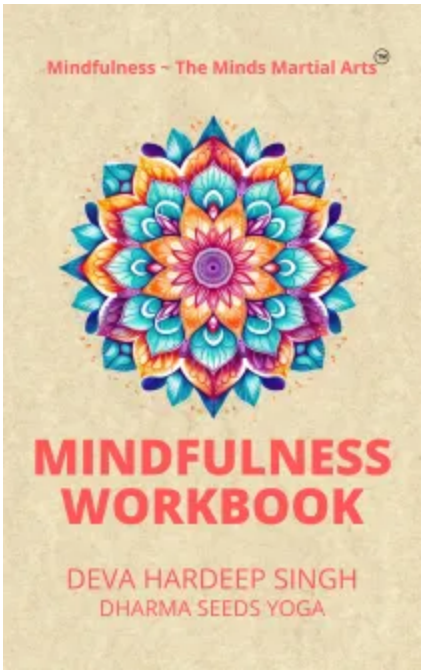
These are just a few of the many academic and scientific articles that have been published on the topic of mindfulness and equipoise. The research on this topic is growing rapidly, and there is a growing body of evidence to support the use of mindfulness as a way to promote equipoise.

Resources


BODY SCAN MEDITATION
1
Sit in a comfortable chair in a dimly lit room.
2
Imagine the outline of your body and slowly trace it in your head.
3
Observe the amount of pressure you're feeling against the chair.
4
Where there is more pressure and where there is less. Be mindful.
5
Start with your head. Work down to your feet. Then back up the other side of your body.
6
Take about five minutes for this exercise.

- **PTSD resources**
- **The National Center for PTSD: https://www.ptsd.va.gov/**
- **The Rape, Abuse & Incest National Network (RAINN): https://www.rainn.org/**
- **The National Alliance on Mental Illness (NAMI): https://www.nami.org/**
- **The American Psychological Association: https://www.apa.org/**
- **Prison Yoga Project – 200hr Yoga Teachgers Training: https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/**

You can also find a therapist in your area by visiting the Psychology Today therapist directory: **https://www.psychologytoday.com/us/therapists**



NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist

manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

Find Deva on World Yoga Federation

dharmaseedsyoga June 13, 2023

Accessible Yoga, Asanas, Depression, Hatha Yoga, Health & Wellness, Meditation, Mental Health, Mindfulness, Raja Yoga, Research, Workshops, World Yoga Federaton, Yin Yoga

Accessible Yoga, Depression, Dharma Seeds Yoga, Mental Health, World Yoga Federation, Yoga